

Ten Laughlin enlisted promoted in April, page 8

Border Eagle

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April 2, 2004

Caution stressed at intersections, construction locations

By Tech. Sgt. Anthony Hill
Public affairs

With a variety of construction projects currently under way on base and future ones on the horizon, wing ground safety officials urge people to stay alert when driving in those areas.

A few of the construction sites are near intersections where motorists frequently travel. The fenced-in locations are easily noticed, but spotting oncoming traffic at the intersections may take some extra effort from drivers.

Chain-link fences, which include blocking screens in some places, enclose the construction sites but can restrict the view of drivers as they approach to check for oncoming traffic.

Most areas are safe and don't pose a big problem, said ground safety officials here.

However, the safety staff advises drivers to be extremely cautious and use their personal judgment and com-

See **Safety**, page 4



Courtesy photo

'XL'ent defense

First Lt. Lindsay Logsdon (right), 47th Flying Training Wing public affairs, defends against Chrystal Smith during practice March 25 at the West Fitness Center at Andrews Air Force Base, Md. Lieutenant Logsdon earned a starting position on the Air Force Women's Basketball Team, which will play the other services in a basketball tournament beginning this weekend at Marine Corps Air Station at Miramar, Calif.

Assistance program helps crime victims, witnesses

Compiled from staff reports

WASHINGTON – Being a victim of, or witness to, a crime is trauma enough for a person to go through without having to face the ensuing legal quagmire alone, the Air Force's senior uniformed legal officer said.

The Air Force's Victim Witness Assistance Program, an offshoot of a fed-

eral statute, provides liaison assistance to help people through the gamut of legal processes that follow criminal action.

"No one asks to become a victim or a witness," said Maj. Gen. Thomas J. Fiscus, judge advocate general. "It can be very scary to be involved because it's intimidating to have to tell your story to investigators and to a court-martial, and maybe even have it reported in the press.

"What's good about the VWAP is that our liaisons are there to help (people) through the process; someone who cares about them, who has access to the services they need and can shepherd them through so they understand what's going on," he said.

Although VWAP assistance is avail-

See **Program**, page 4

Newslines

Daylight-saving time begins

Laughlin members are reminded to turn their clocks ahead one hour at 2 a.m. Sunday morning or before they go to bed Saturday night.

Education open house set

The Laughlin education and training office is hosting an open house for the Laughlin community from 10 a.m. to 2 p.m. Wednesday in building T447.

Base members are welcome to come see the new facility (located across from the BX and the student officers' quarters) and chat with the professional staff regarding education and training opportunities available at Laughlin.

For details, call 298-5520.

Retirement ceremony set

A retirement ceremony for Maj. Steve Moynihan, 47th Operations Support Squadron, is set for 3 p.m. April 9 in the Anderson Hall auditorium.

Law enforcement desk moves

The 47 Security Forces Squadron law enforcement desk has moved to its new location in building 139.

Parking is available along 4th Street adjacent to the transportation building. A walkway has been established along the fence line leading to the new LE desk.

For more information, call 298-5100.

Deployment stats

Deployed:	26
Returning in 30 days:	0
Deploying in 30 days:	2

Mission status

(As of Tuesday)

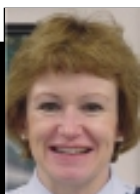
Days behind or ahead:

T-37, -6.16	T-1, 1.81
T-38, -3.96	T-6, -4.32

Mission capable rate:

T-37, 90.7%	T-1, 79.2%
T-38, 78.2%	T-6, 83.0%

Good health important to mission success



Commander's Corner

By Lt. Col. Robin Squellati
47th Medical Operations Squadron commander

Thank you to all of the great men and women of our Laughlin community! Every day you play a valued part in accomplishing the Laughlin XL mission.

Whether you are active duty, civilian, retired, or a supporting family member, your well-being is important. People depend on you now and in the future ... Therefore, you need to take an active role to ensure good health.

Your ability to lead a healthy life affects your family, your coworkers and your friends.

At least 25 percent of those reading this article use tobacco, the second major factor in American deaths. Five hundred thousand lives are needlessly lost every year due to tobacco-related illnesses. Tobacco users double their risk of coronary artery disease, the number one killer in the United States. If you decide to join the millions who have quit, the Health and Wellness Center offers Tobacco Cessation classes.

The number one contributor to death in the United States is now obesity. Many Americans have a high-fat, high-calorie diet. The bacon this morning smelled good, and the pizza last night tasted great, but they are both high in fat, which has been linked to colon cancer, breast cancer, heart disease and many other serious conditions.

Obesity is associated with more than 30 serious medical conditions. Seventy-five percent of hypertension cases is related to obesity. Several cancers are more common

in obese individuals. Low back pain, daytime sleepiness, and carpal tunnel syndrome also are associated with obesity. Daily exercise helps to control weight and will boost the immune system. Again, the HAWC offers help through nutrition classes.

Many visits to the doctor could be avoided by leading a healthy lifestyle. If you do need to make a clinic appointment, however, that task will soon become quicker.

A new telephone system will soon be installed, which will help us identify times when our customers are waiting. We can add extra manpower during the busy times. Making a routine appointment, according to access standards, has increased from 75 percent in December 2003 to 93 percent in February 2004.

An even quicker way to book an appointment is online at <https://>

See **Health**, page 3

Child Abuse Prevention Month spotlights dangers of abuse

By Karen Doss
47th Medical Operations Squadron Family Advocacy intervention specialist

April is Child Abuse Prevention Month. I personally believe all child abuse is preventable, particularly abuse of infants.

In December 2001, the Air Force Family Advocacy Program completed a comprehensive review of 111 moderate to severe child physical maltreatment cases that were substantiated through-

out the Air Force community from 1998 through 2000.

The review was to focus on all head injuries of children birth to 5 years of age. Sadly, the report stated 45 of the 111 cases included some type of "head trauma," 25 of which were diagnosed cases of Shaken Baby Syndrome, with four resulting in death. Military medical treatment facilities and the Tricare health care system are providing medical care to the 21 surviving infants at an estimated cost of \$1

million dollars per year per child for the first 5 years of their lives.

The study concluded that 71 percent of the victims were less than 1 year of age, with no significant gender difference. The study also found 72 percent of the offenders were active-duty members. The majority were 20-25 year old biological fathers who were married and residing with their spouses. This was their first-born child, they were alone with the child at the time and the trigger was "crying." Most stated

they believed shaking to be less harmful than hitting.

Shaken Baby Syndrome is a term to describe the damage caused by violent shaking of an infant or child. SBS is almost always the result of uncontrolled stress and frustration.

The damage caused by SBS can be devastating. Possible consequences of SBS include emotional problems, learning disabilities, paralysis, seizures,

See **Abuse**, page 3

Border Eagle

Editorial Staff

Col. Dan Woodward
Commander

Capt. Dawnita Parkinson
Public affairs chief

2nd Lt. Sheila Johnston
Internal information chief

Tech. Sgt. Anthony Hill
PA NCO in charge

Airman 1st Class Timothy J. Stein
Editor

Airman 1st Class Olufemi Owolabi
Staff writer

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Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: timothy.stein@laughlin.af.mil or sheila.johnston@laughlin.af.mil.

Effective antiterrorism takes team effort

By 2nd Lt. Darrel Peek
14th Security Forces Squadron

COLUMBUS AIR FORCE BASE, Miss. – The March 11 train bombings in Spain, occurring 911 days after “9/11” on September 11, 2001, as well as the daily bombings in Iraq, illustrate the unwavering resolve of terrorists to target and attack those they fervently hate.

In response to these and past terrorist attacks, a great deal of time, effort and money has been spent gathering intelligence and attempting to safeguard ourselves as well as others. Yet, lives are unfortunately lost to the perpetrators of terror almost daily.

This leads many people to believe if terrorists really want to get us, they will. This is a rather fatalistic attitude, but it’s pervasive throughout the world.

So how do we protect ourselves from those determined to harm us? What, if anything, can we learn from all of this violence?

First, terrorists will continue to innovate and adapt in an effort to strike at the heart of their sworn enemies, regardless of gender, age or military affiliation. Their goal is to

terrorize people into altering the way they or their governments do business. An election outcome was significantly affected by the bombings in Spain.

Moreover, terrorists are only limited by their own imaginations. Although improvised explosive devices, vehicular borne or hand-carried, seem to be the weapon of choice, you can bet terrorists are working on new methods to murder innocent people and destroy property. Terrorists are continually working on the next 9/11.

The old paradigms of regulatory compliance and rapid adherence to Force Protection Condition checklists cannot, on their own, provide the basis for antiterrorism efforts. I’m not arguing their value as a baseline. They are necessary. However, it is imperative we innovate and adapt as the terrorists do.

We can no longer rely solely on numerically sequenced directives in the hopes of sending the terrorists somewhere else. These people are smart and will not attack us when we most expect it.

The most important thing we can learn is antiterrorism is everyone’s responsibility. At least two of the unexploded devices found during the recent bombings in Spain were left in unattended backpacks. With a little vigi-

lance or situational awareness, lives could have been saved.

If you were standing outside the base exchange and found an unattended bag, would you become suspicious? Would you report it or move people away from the area?

Do you recall the Centennial Olympic Park bombing during the summer of 1996 in Atlanta? At a recent antiterrorism course, I learned people actually tried to walk off with the backpack containing the bomb until they realized it was too heavy.

Vigilance and a willingness to act are paramount if we are to render the enemy ineffective.

As a nation, the expectation our government can stop every single act of terrorism is highly unrealistic. As Air Force members, the expectation that security forces or the Air Force Office of Special Investigations, our counter-terrorism experts, can single-handedly thwart a well-planned terrorist event is similarly unrealistic.

That doesn’t mean we’re incapable of protecting ourselves. What we can and should do is work collectively to identify and report incidents that raise our suspicions to stop events before they occur and steal the initiative from the enemy.

Health, from page 2

www.tricareonline.com. The available dates and times are on the screen for you to choose the most convenient appointment. Pamphlets explaining online booking can be found in the Family Practice Clinic. Reliable health information also can be viewed from the Tricare Web site, www.tricare.com. Other great Tricare products are Taking Care of Yourself and Taking Care of Your Child. These books offer help for deciding if going to the clinic is the best choice.

Over the last year your

medical group has scored very high in the metrics that are tracked Air Force wide. Active-duty physical health assessments, pediatric immunizations, cervical cancer screening, and diabetic eye exams are a few areas in which we have scored in the top three in the command.

The mission of the 47th Medical Group is to promote and ensure wellness, optimal health care, and readiness for local and worldwide contingencies. We will continue to do our best to provide the best possible healthcare; however, the best avenue to wellness is prevention.

Abuse, from page 2

blindness, mental retardation and in some cases, death. In addition, SBS is considered child abuse and is subject to criminal investigation and prosecution.

Prevention is the key to further reducing the incidence of child abuse and neglect in our Air Force community. Every parent needs to:

- Learn to recognize his own stress level.
- Ensure every person who provides care for a child is aware of the dangers of SBS.
- Strive to understand the child’s

needs by learning more about childhood growth and development.

Community friends, neighbors and healthcare providers can be excellent resources for parenting support. Family Advocacy’s New Parent Support Program offers in-home visits by a registered nurse who provides education and support.

The program also has numerous publications, videos, and classes to promote positive parenting and healthy family relationships.

For more details in dealing with a crying infant, call 298-6422.



Actionline
298-5351 or
actionline@laughlin.af.mil

Col. Dan Woodward
47th Flying Training Wing commander

This column is one way to work through problems that haven’t been solved through normal channels. By

including your name and phone number, you are assured of a timely personal reply. It’s also useful if more information is needed to pursue your inquiry. We will make every attempt to ensure confidentiality when appropriate.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved. Please keep e-mails brief.

If your question relates to the gen-

eral interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299

Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

Safety, from page 1

mon sense at the crossings. People are urged to slowly approach the intersection, obtain a clear view of at least an eighth of a mile, and look out for personnel and construction equipment around the sites.

Although construction personnel and drivers are both at risk in a construction area, according to the Texas Department of Transportation, motorists consist of more than 95 percent of victims killed in work-zone crashes throughout the country.

Whether traveling on or off base, safety officials emphasize that people should faithfully practice safety rules, observe all traffic regulations, and drive defensively to prevent the possibility of causing an accident.

“The good driver always drives defensively, especially at intersections,” said Paul Blair, chief of wing ground safety. “Some people insist on always having the right-of-way in a tight situation. Keep in mind that if the other driver is foolish or is in actual violation of the law, you can die in an intersection crash regardless of who may have had the right-of-way. Always be ready to give a little, or a lot, to save a life.”

As current construction projects continue on base, people will also begin to see further construction devel-

opments take place. From the future demolition of the old billeting and security forces buildings to an upcoming project to tear out and repair roads, motorists are reminded to always be cautious and maintain safety awareness when traveling around base.

For more information about traffic safety, visit wing safety’s Web site at <https://home.laughlin.af.mil/47ftw/safety/Traffic%20Safety.htm>. The site includes motor vehicle safety information and accident statistics, safety video clips, and links to state and national traffic safety organizations.

Laughlin construction projects

Be especially cautious at intersections that are located near base construction zones. The following information, provided by the 47th Civil Engineer Squadron, includes areas that currently involves or will involve construction projects.

- Liberty Drive and Mitchell Blvd.: New wing headquarters and Heritage Park
- Fourth Street and Mitchell Blvd.: New wing headquarters
- Liberty Drive and Freedom Way: Heritage Park
- Sixth Street and Mitchell Blvd.: New fitness center
- Sixth Street and Laughlin Drive: New fitness center
- Liberty Drive and Arkansas Ave.: New hazardous-materials pharmacy
- Second Street and Mitchell Blvd.: Fu-

Program, from page 1

able to the victims and witnesses of any crime, the general said many people think the program is geared specifically for sexual-assault cases.

“The program is intended to assist victims or witnesses of just about any crime,” General Fiscus said. “If a case is going to court-martial or it’s being investigated by the Office of Special Investigations, then we are available to help locate whatever service (the victim or witness) can use.”

Activation of the program is automatic. Victims and witnesses receive an information sheet from the first responder at the crime scene, usually a security forces Airman or an OSI agent. At base level, this commander’s program is administered by the staff judge advocate’s office.

The general said the program is proactive, but it needs fine-tuning.

“It’s a good program for what it was intended to do,” General Fiscus said.

“The flaw in it is that, although numerous agencies provide (people) with services, the coordination among them has not been as good as we would like.”

General Fiscus said Secretary of the Air Force Dr. James G. Roche has established a task force to examine how the Air Force can provide victims with services across the spectrum of their involvement in the system, even if they separate from the military.

“One of the things we found about the system was that sometimes the victim, because they dealt with several agencies, felt they were being handed off,” General Fiscus said. “We want to make sure that we have a system that keeps the victim in contact with a single entity throughout the entire process.”

The liaison helps victims and witnesses obtain legal information and services from medical facilities, family advocacy and chaplains. The liaison also can help victims and witnesses gain access to civilian services.

“We try to make sure they are never

Del Rio’s most dangerous intersections

This information, gathered by the Del Rio Police Department, includes the number of accidents at major intersections over four-month periods in 2002 and 2003.

Intersection	Accidents
■ W. Gibbs Street and Spur 239/Avenue T	25
■ Veterans Avenue and Gibbs Street	21
■ Cantu Road and Veterans Boulevard	20
■ Dr. Fermin Calderon Boulevard and De La Rosa Street	16
■ Veterans Avenue and 10th Street	16
■ Bedell Avenue and E. Gibbs Street	11
■ E. Gibbs Street and Avenue G	9
■ Veterans Avenue and Braddie Street	8
■ Bedell Avenue and 7th Street	7
■ Pecan Street and Greenwood Street	6

ture construction of the new education center

- Fourth Street and Colorado Ave.: Future demolition of the old security forces building
- Arnold Blvd. and Seventh Street: Future demolition of old billeting facilities
- Laughlin Drive between Second and Fourth Streets: Upcoming project to tear out and repair road
- Liberty Drive between Laughlin and Arnold Blvd.: New Border Federal Credit Union
- First Street along the flight line: Replacement of transient apron
- Cannon Street: Pouring concrete

for sidewalk in housing area

- O’Brien and Hetrick Streets: Installation of lighting in housing area
- All areas around the clinic’s renovation, off Laughlin Drive and Mitchell Blvd.
- Vicinity of Hangars 1 and 3: Installation of fire protection systems
- Center runway construction project: Motorist should be cautious of heavy trucks and construction vehicles leaving the project area onto Highway 90, about a quarter mile east of the main gate. Drivers should be aware that the vehicles might be traveling at an increased rate of speed as they head west into town.

left out,” General Fiscus said. “In the end, this is what we say we’re going to do for our folks, and we take great pride in attempting to provide that service to

the best of our ability.”

Laughlin’s VWAP liaisons are Capt. Aniya Dunkley or Capt. Lynn Sylmar at 298-5172.

Victim Witness Assistance Program roles

- Staff Judge Advocate: Appoints a Victim Witness Assistance Program liaison and makes referrals to other services as needed. Ensures the victim or witness is kept apprised of pending legal action or court proceedings.
- Office of Special Investigations: Many times, OSI is the first point of contact with victims and witnesses. Depending on the nature of the offense, OSI conducts the investigation or the incident is referred to security forces for investigation. Refers victims to the appropriate services and provides other helpful information.
- Security forces: May also be the first point of contact. Provides re-

ferrals and information about services available. Depending on the nature of the offense, SF conducts the investigation or the incident is referred to OSI for investigation.

- Medical facility: Provides healthcare services when necessary and makes referrals to local community agencies.
- Family advocacy: Provides counseling services and support and makes referrals to appropriate agencies.
- Family support center: Provides financial-assistance services if necessary.
- Chaplain: Provides counseling services and support. Makes referrals when necessary.

Ethics regulations guide Airmen in political activities

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – With less than nine months until the next federal election, political activity is heating up in the nation’s capital and around the country.

Airmen may want to get involved in what are some of the most fundamental activities of American democracy: campaigning and politicking. But as employees of the federal government, servicemembers must ensure their participation in political activities does not violate government ethics regulations, said Melinda Loftin, the Air Force associate general counsel for fiscal and administrative law.

“Members of the armed services are encouraged to carry out their ob-

ligation of citizenship by voting,” Ms. Loftin said. “But while on active duty, they are prohibited from engaging in certain political activities.”

Servicemembers cannot participate in the management of partisan politics or be part of a political campaign or convention, Ms. Loftin said. They cannot be a candidate for political office, conduct political opinion surveys, march or ride in partisan parades or participate in organized efforts to transport voters to the polls.

The restrictions on what a servicemember can do may seem numerous, but they serve an important purpose. They are meant to assure the American public that agents of the government, such as servicemembers, do not have undue influence on the American electoral process, officials said.

“The theory behind this is a separation between partisan-political activities and the federal government,” Ms. Loftin said. “This is crucial when involving the armed forces because of the need for public confidence in civilian control of the military. If an Airman was wearing a uniform and engaging in political activities, it might give the appearance of an endorsement for a particular candidate by the armed forces.”

Servicemembers can express their personal opinions on candidates for office, but they must ensure their opinions are a reflection of themselves and not of the military. Airmen may join political clubs, attend political meetings and rallies as a spectator when not in uniform and make contributions to political organizations. They may also display

bumper stickers (but not large signs) on their personal vehicles and sign petitions to put candidates on the ballot, Ms. Loftin said.

Servicemembers may also participate in what is perhaps the most important political activity, Ms. Loftin said.

“Members on active duty may register to vote, they may vote, and [they] are in fact encouraged to vote,” she said. Servicemembers are allowed to vote while in uniform.

Issues involving federal employees and political activities are embodied in several publications, including the Joint Ethics Regulation.

Airmen with questions about what political activities they may participate in or with general questions about military ethics standards should contact their base legal office.

AFIT class includes first enlisted graduates

By Senior Master Sgt. Rick Burnham
Air Force Print News

W R I G H T PATTERSON AIR FORCE BASE, Ohio - Eight enlisted Airmen graduated from the Air Force Institute of Technology on March 23, marking one of the more historic achievements in the history of the service’s enlisted force.

Secretary of the Air Force Dr. James G. Roche, in delivering the graduation address to a crowd of more than 1,000 people at the Air Force Museum, called it a great day for enlisted Airmen.

“I am particularly proud to see our first enlisted AFIT graduates today, representing the first

of many senior (noncommissioned officers) who will attend classes here,” he said. “I consider your attendance at AFIT long overdue, and I am extremely proud that this program has come to fruition.

“I congratulate each of you on earning your degrees from the Air Force Institute of Technology – known to be one tough school,” he said.

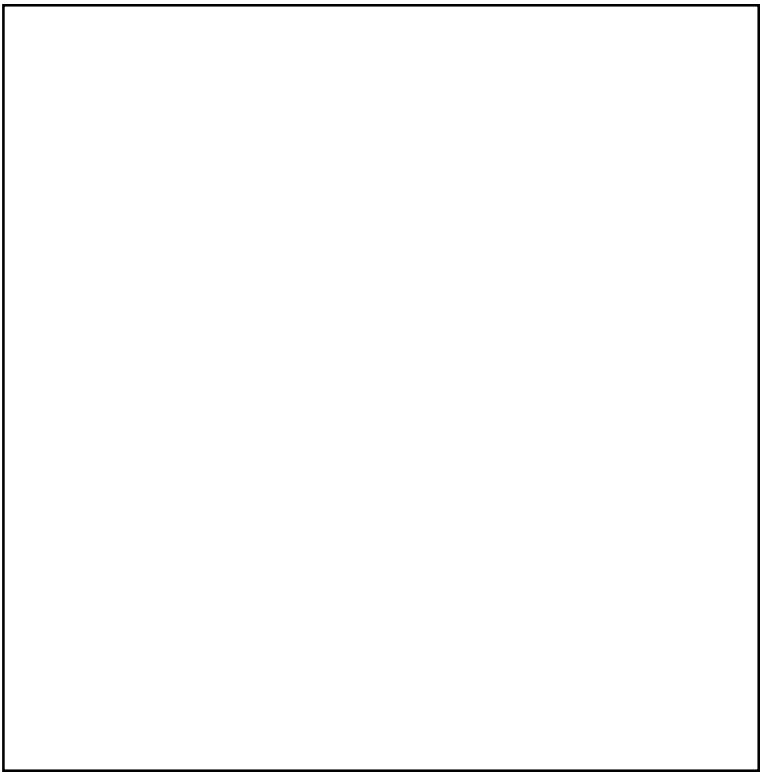
The secretary said the continuing development of the enlisted force is a big reason why the U.S. Air Force enjoys the status it has in the world today.

“In my travels around the world, foreign political and military leaders continually

ask how we field such a talented, dedicated and capable enlisted corps,” he said. “Our enlisted corps is the major reason we have the most respected air and space force on the planet.”

Along with the eight Air Force graduates, six Marine senior NCOs also graduated during the ceremony.

The eight Air Force graduates are: Chief Master Sgt. Don Clabaugh, Senior Master Sgts. Stephanie Carroll and Francis Szabo, and Master Sgts. Charlie Cruz, James Kuntzelman, Duane Sorgaard, Edward Mathews and Dan Swayne.



Officials working for reserve health benefits

By Army Sgt. 1st Class
Doug Sample
*American Forces Press
Service*

WASHINGTON – Defense Department officials are working as quickly as possible to implement enhanced Tricare health-care benefits for reserve component sponsors and their family members, officials said.

The Emergency Supplemental Appropriations Act and the 2004 National Defense Authorization Act authorized the new health-care benefits, some permanent and some temporary.

Eligibility for some of the new temporary Tricare enhancements began Nov. 6 and ends for all on Dec. 31. Implementation of the provisions began in January and will continue through the next few months under the department's 2004 Temporary Reserve Health Benefit Program. The provisions cannot

cost more than the \$400 million limit established by Congress for fiscal 2004.

"These temporary benefits were designed to enhance access to care for our reserve component servicemembers and their families, and ultimately improve our readiness as a fighting force," said Richard A. Mayo, deputy director of the Tricare Management Activity. "We are establishing a totally new benefit that currently doesn't exist today. To implement this temporary program, we had to make modifications to the Defense Enrollment Eligibility Reporting System, which is the system utilized in the military to determine eligibility for any healthcare plan, and modifications to our managed-care support contracts before claims can be paid."

The first temporary program, implemented mid-February, temporarily extended eligibility under the Transi-

tional Assistance Management Program. It extended benefits from 60 or 120 days to 180 days for active-duty and reserve component people who separated from active federal service on or after Nov. 6. That was the effective date for benefits under this program for sponsors and family members. On Jan. 1, 2005, Tricare eligibility under the transitional program returns to 60 or 120 days, even for those who separated in 2004 and whose orders may indicate eligibility for 180 days.

Sponsors and family members who were saving their receipts may apply for reimbursement by submitting a Tricare claim form, a copy of their itemized bill, an explanation of benefits, and proof of payment if the bill was already paid to their Tricare regional-claims processor.

The second temporary program is scheduled to be implemented in the next few weeks. It will authorize medical and dental benefits for reserve-component sponsors activated supporting a contingency operation for more than 30 days. Family members enrolled in DEERS are also eligible for this benefit.

Under this program, eligibility for reserve component sponsors and their family members begins the day the sponsor receives delayed-effective-date active-duty orders or 90 days before the active duty period begins, whichever

is later. The effective date for benefits under this program also began Nov. 6.

Until Tricare officials announce that the program has begun and members can begin submitting their claims to apply for reimbursement, sponsors and family members should pay all medical and dental bills incurred and save their receipts, officials said.

The third temporary program, scheduled for future implementation, is limited to reserve-component sponsors who are either unemployed or employed but not eligible for employer-sponsored health coverage and their family members. Tricare coverage under this program is limited to medical care only. Eligibility for sponsors and family members will start the day that Tricare officials implement the program.

Officials point out that Tricare claims under this program are not paid retroactive to Nov. 6 but will be paid only from the date the program is implemented through Dec. 31, which is the expiration date for all benefits under the temporary program.

Mr. Mayo said the biggest challenge will be modifying the existing Tricare enrollment system to accept each reservist and his or her family member for each of these programs. He said that is the part that takes an awful lot of time and work. There are also new regulations to be written and implementation guidance to be

staffed with the services.

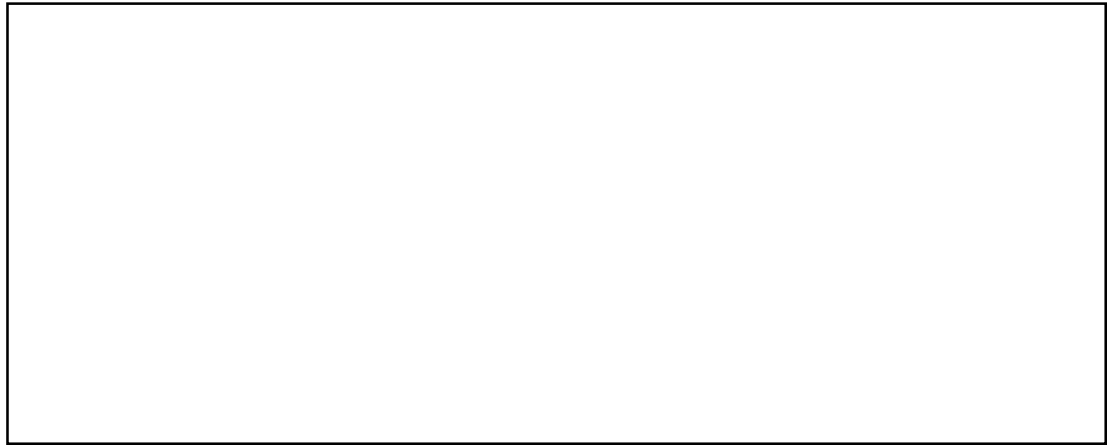
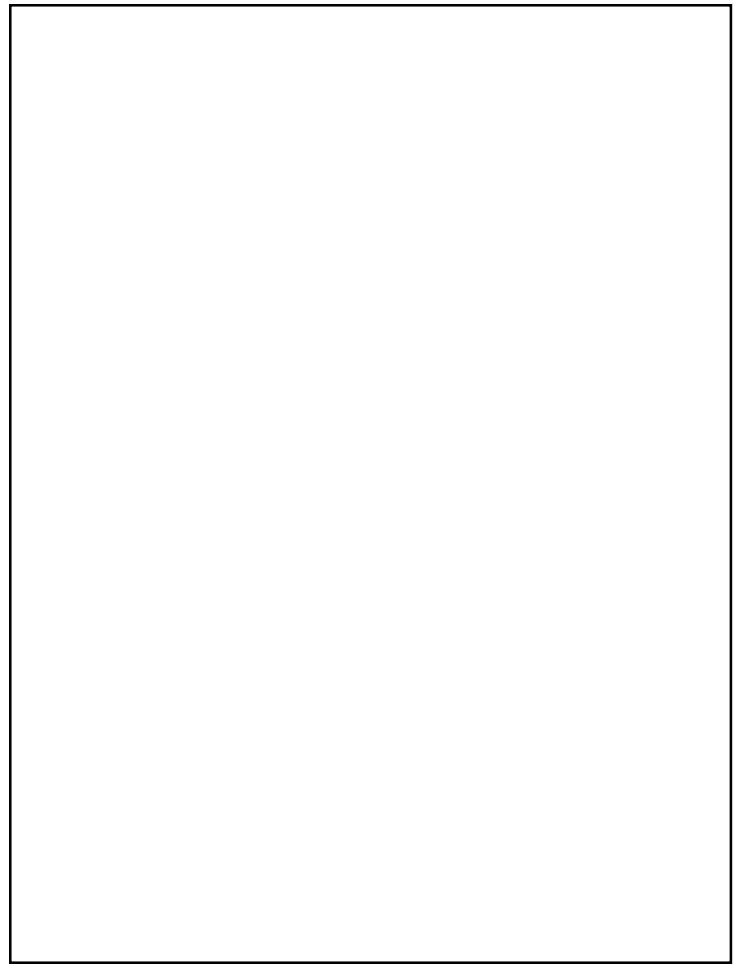
"There is a lot of detail work that needs to be done in modifying our systems to accept each and every one of these changes," he said. "On the surface it appears simple to say we have this new benefit, and there it is. This is not a simple process, but we are committed to making these changes as quickly as possible to ensure eligible reserve-component sponsors and family members have access to Tricare health benefits."

Congress placed the \$400 million limit on expenditures under fiscal 2004 provisions to implement the temporary health-care program slated to end Dec. 31. Mr. Mayo said Congress is reviewing the program, but that he would not speculate on whether it would extend past that date.

Besides the temporary program, Congress also authorized three permanent health-benefit provisions for reservists and guardsmen.

Those benefits include benefit counselors for the reserve component in each Tricare region; authorization for medical and dental screening, and care for members alerted for mobilization; and Tricare eligibility for reserve officers pending orders to active duty following commissioning who do not have other health-care insurance.

For more information, visit the Tricare Web site at www.tricare.osd.mil.



Countries join NATO alliance

By 1st Lt. Elizabeth Aptekar
U.S. Air Forces In Europe public affairs

RAMSTEIN AIR BASE, Germany – The Allied Air Forces Northern Region commander welcomed seven new nations as full members of the NATO alliance March 29 here, raising the number of countries in the alliance from 19 to 26.

The new countries joined after a process that started at the November 2002 Prague Summit when NATO’s heads of state agreed to invite them into accession talks.

Of the countries, Slovakia, Estonia, Latvia and Lithuania will come under the umbrella of NATO’s northern region, while Bulgaria, Romania and Slovenia will join the southern region.

“I’m absolutely thrilled at the progress we have made toward integration in the past few years, and I’m proud to be a member of NATO at this his-

toric time,” said Gen. Robert H. “Doc” Foglesong, northern region commander

“Although there are challenges ahead for the alliance to successfully integrate its new members, the prospects for future peace and stability are greatly improved with these additions.”

General Foglesong marked the accession date by officially welcoming two members of the AIRNORTH staff here and congratulating them on their change in status to full NATO members.

Previously working as interns within the partnership work program, Lt. Col. Roman Timofejev, a pilot from Estonia, and Maj. Augustin Klus, a fighter controller from Slovakia, said they were delighted to represent their countries as part of the new, larger NATO.

“It is a real honor to be one of the first from my country to be able to work with the alliance nations,” said Colonel

Timofejev. “Working within the defensive air operations team here...I feel I can contribute firsthand to defending our sovereign territory.”

NATO was formed in 1949 in response to the threat and expansionist policies of the then Soviet Union. Faced with this threat, 12 founding countries created the north atlantic alliance whose unifying creed is summed up in Article 5 of the Washington Treaty, “An armed attack against one or more of them in Europe or North America shall be considered an attack against them all.”

Article 5 was invoked following the Sept. 11 terrorist attacks, 2001, and led to NATO’s nations playing a far more active role in the war on terrorism.

This will be the fifth expansion in the alliance’s history: Greece and Turkey joined in 1952; Germany in 1955; Spain in 1982; and the Czech Republic, Hungary and Poland in 1999.



Laughlin Salutes

Laughlin April Promotees

- To senior airman**
- Rikki Bland, 47th Operations Support Squadron
 - Douglas Clark, 47th Flying Training Wing command post
 - Johnnie Henson, 47th Communications Squadron
 - Karima Neal, 47th OSS

- To airman 1st class**
- William Espinoza, 47th CS
 - Angela Libbin, 47th Comptroller Flight
 - James Newman, 47th CS
 - Amanda Spinner, 47th Medical Operations Squadron
 - Caleb Walker, 47th Civil Engineer Squadron

- To airman**
- David Hawkes, 47th OSS

First Term Airman’s Center Class 04-01

- Airmen 1st class**
- Ian Coy, 47th CES
 - Sean Crowe, 47th Contracting Squadron
 - Brian Ford, 47th CES
 - Arturo Granados, 47th Security Forces Squadron
 - Glenn Griggs, 47th OSS
 - Olufemi Owolabi, 47th FTW public affairs
 - Nicholas Pierce, 47th CES
 - Daniel Podnar, 47th CS
 - Shaun Reeve, 47th CES
 - Jeremy Russell, 47th CES
 - Karl Schnoes, 47th CES

- Airmen**
- Ryan Forrest, 47th OSS
 - David Hawkes, 47th OSS
 - Nicole Schumann, OSS
 - Marcos Vasquez, 47th SFS

As big as Texas...

Brenda McCain, a civilian personnel officer from Randolph Air Force Base, and Col. Keith Traster, 47th Flying Training Wing vice commander, hold up a tapestry depicting areas of interest in Vel Verde County March 26 at Club XL. The tapestry was a gift to Ms. McCain for speaking at the Women’s History Month luncheon.



Photo by Jose Mendoza

Chapel
information



Easter schedule

Catholic	(All services celebrated at the chapel)
<i>Saturday</i>	● Passion Sunday Vigil Mass, 5 p.m.
<i>Sunday</i>	● Passion Sunday Mass, 9:30 a.m.
<i>Thursday</i>	● Holy Thursday, 6 p.m.
<i>April 9</i>	● Good Friday Liturgy, 6 p.m.
<i>April 10</i>	● Easter Vigil, 7 p.m.
<i>April 11</i>	● Easter Sunday, 9:30 a.m.

Protestant

<i>Sunday</i>	● Palm Sunday services ■ Contemporary, 9 a.m. (theater) ■ General, 11 a.m. (chapel)
<i>Thursday</i>	● Maundy Service, noon (chapel)
<i>April 9</i>	● Good Friday service, noon (chapel)
<i>April 11</i>	● Easter Sunday services ■ Sunrise Service, 6:30 a.m. (chapel lawn, followed by a free breakfast in Fellowship Hall) ■ Contemporary, 9 a.m. (theater) ■ General, 11 a.m. (chapel)

Normal schedule

Catholic

<i>Monday - Friday</i>	● Mass, 12:05 p.m.
<i>Saturday</i>	● Mass, 5 p.m., Reconciliation, 4:15 p.m. or by appointment
<i>Sunday</i>	● Mass, 9:30 a.m., Religious Education, 11 a.m.
<i>Thursday</i>	● Choir: 6 p.m., Rite of Christian Initiation, 7:30 p.m.

Protestant

<i>Wednesday</i>	● Choir, 7 p.m.; Protestant Women of the Chapel Ladies' Bible Study, 9 a.m.
<i>Sunday</i>	● General worship, 11 a.m., Contemporary worship, 9 a.m. in the base theater

The *XLer*

Tech. Sgt. Glenn Houtchens
47th Communications Squadron

Hometown: Red Oak, Iowa
Family: Wife, Wendi; son, Nick; daughter, Merika
Time at Laughlin: One year, three months
Time in service: Fifteen years
Greatest accomplishment: Getting married and having two wonderful children
Hobbies: Cycling, camping and outdoor activities
Bad habit: Being too early for appointments
Favorite movie: "Slingblade"
If you could spend one hour with any person, who would it be? My father because I will never get the time back since he passed away.



Photo by Airman 1st Class Olufemi Owolabi

Base housing offers tree-trimming rules

Courtesy of the base housing office

The base housing office wants to remind Laughlin members living on base that the trees are government property and, as such, occupants may be held financially liable for any trees removed or damaged by them at their housing unit. The maintenance contract for housing includes tree trimming and removal. Any tree removal must be accomplished by the contractor to ensure it is done properly. The only exception to this is the removal of trash trees (small sapling trees that

grow on their own volition – not planted by the government)
Follow these simple rules to avoid any unexpected expenses on your part.
Don't:
■ Remove trees or trim away large tree limbs
■ Put swings or ropes in the trees
■ Hang anything from trees with nails, screws or anything else that penetrates the bark
■ Attach pets to trees
■ Build tree houses in the trees
■ Let your bushes/shrubs grow so big they become trees
Do:
■ Contact civil engineer cus-

tomor service at 298-4358, 298-5488 or 298-5489 if you have a tree that needs large limbs trimmed
■ Remove suckers (new growth at base of tree) from trees. Necessary tools are available at the Pride Store.
■ Remove small trash trees, especially if they are near the foundation of the house, around the A/C compressor or other equipment
■ Notify the housing office if a tree or tree limbs fall during a storm and damage any government property
For more information, call the base housing office at 298-5003 or 298-4198.

Running: Consistency, gradual buildup key

By Bill Goins

47th Aeromedical-Dental Squadron exercise physiologist

I've got one word for you: consistency.

This is really the bottom line on all components of the fitness test. The key is not to exercise for a month or two so you can be average on your birth month. You must be consistent and make exercise a part of your lifestyle, your daily schedule, so you can be excellent at any time during the year.

Aerobic fitness is the single best indicator of overall fitness and level of disease risk. Believe it or not, both the run test and the cycle ergometry test are validated methods for estimating maximal oxygen consumption, also known as VO₂ Max. That's right, they both test for the exact same thing. But, let's talk about running.

Don't do too much too soon

The biggest mistake you can make is not being consistent with your exercise and then deciding you are going to go run three days a week. Running is a very high-impact exercise. If you have not been running consistently for the past eight to 12 weeks, then start off with two times per week running and one or two other days with

nonimpact exercises like cycling, swimming or an elliptical trainer.

Only after you have been consistent for at least eight weeks should you increase to three times per week running. I would not advise that anyone exceed three times per week running. Your body really needs to have adequate recovery time from the impact of running.

Shoes and Surface

Due to the impact of running on the joints, proper shoes and running surface are crucial to avoid injury. All running shoes are not the same. I cannot stress the importance of having the proper shoes for your feet and replacing them often. Please contact your squadron physical-training leader for more guidance on finding the right shoes for you.

Once you have the right shoes, running on the right surface can make a big difference in the efficacy of your running program. The track is a great place to run for its cushion, but for some folks it is quite boring. Running around on the streets can be more exciting, but the surface is harder on your joints.

I would vary your training surfaces each time you run. Sometimes run at the track, sometimes around base, sometimes on the running paths

and sometimes on a treadmill. This will help your body avoid excessive impact, and it will help break the monotony of your program.

Don't stop at 1.5 miles

If you never run more than one and a half miles, you will never get faster at running one and a half miles. You must improve your lactate threshold. That is a fancy way to say that you must push your body past what it is used to. You must "overload" it in order for it to improve.

You need to work up to running at least 30 minutes or three miles without stopping.

Intervals Anyone?

I don't mind saying that running sprints can really stink. They tend to kick your butt. However, they are the best way to improve your speed. Once you can run for 30 minutes or three miles without stopping, work intervals into your running program at least once per week.

A couple of sample interval workouts are listed below. Remember, always start with a about a 10-minute warm-up, and only try these after you can accomplish running for 30 minutes or three miles.

■ Using telephone poles as markers, jog from one telephone pole to the next. When you reach one pole, sprint to the

next one, then jog to the next one, then sprint to the next one, and so on. Try to fit about six to 12 of these intervals into your 30-minute run.

■ On the track, in the middle of your 30-minute run, sprint the straightaway, then jog the corners. Then sprint the straightaway and jog the corners. Again, try to fit about six to 12 of these into your 30-minute run.

■ Using a stopwatch, sprint for 10 to 20 seconds and then jog for 30 to 40 seconds. Then repeat. Again, try to do about six to 12 of these during your normal run.

Once you are able to accomplish 12 of these intervals during your runs, you should have shaved quite a bit of time off your mile-and-a-half run.

Remember, don't focus on a mile and a half as a distance. Make that your minimum goal. Don't do too much too soon. If you have to work up to 1.5 miles, then give your body time to do that. Make sure you have the right shoes and that you are aware of the surfaces that you run on. Once you are ready, try some intervals. Most importantly, remember consistency is the key.

If you have a question for the exercise physiologist, please send your written question to 47ADS/SGGZ, Attn: Mr. Bill Goins.

Getting fit sets good example

By Staff Sgt. Robert Zoellner

33rd Fighter Wing public affairs

EGLIN AIR FORCE BASE, Fla. — When the Air Force unveiled its new exercise program many Airmen did not think much of it, but for some it was an eye-opener and more of an incentive to get in shape.

That is what Master Sgt. Michael Moss of the 33rd Maintenance Squadron's aerospace ground equipment flight thought. Six months ago, Sergeant Moss was overweight and could not run half of the required distance to pass the new fitness test. Now he is

setting the example for his flight and feeling better than he ever has.

"I started off not being able to make a full run," Sergeant Moss said. "[I would] run half way there and walk the rest of the way back. I wasn't in shape, by (any) means."

Through a vigorous exercise program he began in November that included crunches, pushups and running, and by watching his diet and cutting out sugars and junk foods, Sergeant Moss has dropped more than 20 pounds. Now he is challenging the younger Airmen in his flight to get in shape.

"I needed to set an example and that kind of stuck

with me," he said. "I took the program seriously."

Before the new fitness standards, Sergeant Moss said he had no problem passing the cycle ergometry test. He said that was easy to get by since he was up and down stairs 20 to 30 times a day. His legs were strong but he was hovering around 200 pounds, which was over his maximum weight standard.

His initial thought about the new fitness program was that he was meeting the minimum standards, why did he have to go run? He was passing the bike test. But after thinking about it, he changed his mind about getting in shape.

"Once you get started on

the program, you say, 'Man, why weren't we doing this before,'" he said. "Because you feel better and you feel better about yourself. I see the importance of staying fit. The more I do, the better I feel."

The entire AGE flight exercises three times a week in a program managed by their flight superintendent, Senior Master Sgt. June Robbins. She said they all keep track of their progress and know where they stand when their time comes to test, but it is always good to see the results first hand.

"It gives you a lot of satisfaction to see someone like Mike," she said about his noticeable improvements. "He's lost the weight on his own, and then his run time has reduced drastically because of the weight loss."

"It usually took 15 to 16 minutes," Sergeant Moss said about his 1.5 mile run times. "I took my test the other day and I am already down to 12:38."

This increase in his overall fitness level has given him a more positive outlook.

"Feeling positive about yourself (is) uplifting," he said. He said his goal is to continue to exercise and challenge his flight.

"I want to increase my time and I want to beat the youngest Airmen in my flight," he said.

Sergeant Robbins said the flight continues to exercise three times a week with an emphasis set on improvement.

"We're going to be doing it, and we're going to be good at it," she said.

New XL Fitness
Center hours

Monday - Thursday:
5 a.m. to 11 a.m.

Friday:
5 a.m. to 8 p.m.

Saturday - Sunday:
7 a.m. to 8. p.m.

Holidays:
10 a.m. to 6 p.m.

Fitness Fact:

Did You Know? You burn about the same number of calories doing six sessions, five minutes each, of an activity as doing one session of 30 minutes. You don't have to do all 30 minutes at once to have the same effect on weight management. You can take a five-minute break, and instead of going outside to smoke that cigarette, take a five-minute walk or do five minutes of sit-ups.



Fit to Fight Warrior of the Week

Airman 1st Class Chris Callan
47th Flying Training Wing chapel assistant



Photo by Tech. Sgt. Anthony Hill

Fitness philosophy: Have fun! Treat yourself with a game of soccer, basketball, football, racquetball or just take a walk/run/bike ride on the road less traveled; i.e. nature path, woods, countryside or, in our case, the desert. Watch out for rattlers and scorpions.

Favorite healthy treat: Cottage cheese and peach slices

Fitness assessment score: 87.25

Fitness tip: Discipline, discipline, discipline! Physical training partners help motivate you, keep you safe when lifting weights and keep you on track for accountability purposes.

Fitness goals: Remain a trim, lean, fighting machine and improve on my sit-ups.